



Water roars down Deer Creek spillway but doesn't disturb fishermen.

oming events

abetes clinics are offered

AMERICAN FORK — A diabetic clinic will be held in American Fork Hospital board room the last Friday each month.

structors are Laura Brooks, a registered dietician, Vernita Nuttal, a registered nurse.

The next clinic will be 2-4 p.m. June 24; cost is \$5 per person.

ics to be discussed in coming months are care of the diabetic, new blood-glucose monitoring, diet exercise to lower blood sugar, patio cookout and swap.

re information can be obtained by calling the hospital 56-6001.

auty show for your blooms

LEASANT GROVE — The annual Strawberry Days flower show will be June 21 in the recreation center. The theme is "Summer's Best."

hibitors may place their entries between 7 and 9 a.m. The show will open at 11 a.m., following judging. It will remain open until 8 p.m.

rticultural and artistic designs will be judged on the quality of the specimens and on design. No artificial flowers may be used.

ditional information on entries or rules can be obtained from Velma Gilman, 785-2358, or Moya Told, 785-

asant Grove Eagles elect

LEASANT GROVE — Pleasant Grove Aerie and Auxiliary No. 3372 of the Fraternal Order of Eagles will elect its new officers Saturday.

Officers are: Larry Staff, Aerie president; Lynne Drace, Auxiliary president; Ray Drace and Barbara Parham, junior presidents; Bob Hall and Ellen Coombs, vice presidents; Lowell Strasbury and Delores Moss, chaplains; John Day and Pat Brackenbury, conductors; Jeanette Edgett, treasurer; Buss Moss and Audrey Hadaway, barbers; Lynn Shelley, Lynda Miller, Richard Ray, Marie Nicholes, guards; and Mike Olsen, Jeff Brown, Iverson, Eldon Harding, Owen Farley, Ken Peter, Bea Jones, Geneve Rowley and Annis Ferre, es.

Helping hand



There are many volunteer needs throughout the county. Interested individuals and groups may call United Way's Voluntary Action Center, 374-8108.

— Groups and/or individuals needed to do yard work for senior citizens.

— A special friend is needed for a retarded Pleasant Grove woman.

— Special Olympics needs volunteers to help in office for one or two weeks.

— Refugee Program needs volunteers to teach English and help in literacy program.

— Golden Friends, 55 and older, are needed at the Utah State Training School.

— Alpine Valley Care Center needs volunteers to assist in recreational programs with patients.

— Lakecrest Developmental Care Center needs volunteers to help in swimming program.

— Medallion Manor in Provo needs volunteers to assist in Saturday morning bowling for mentally retarded adults.

— Utah State Training School needs people who will act as 4-H helpers on Saturday mornings.

— Utah State Hospital needs volunteers to interact with patients, including young children, adolescents and the elderly. Helping in several areas such as reading, recreation, escorting patients to activities is needed, but most important, getting to know a patient on a one-on-one basis, remembering birthdays, conversing and being a friend is most essential.